

Directions to Contributors can be found at journals.cambridge.org/bjn

British Journal of Nutrition
Volume 131, 2024 ISSN: 0007-1145

**Publishing, Production, Marketing, and
Subscription Sales Office:**

Cambridge University Press & Assessment
Journals Fulfillment Department
University Printing House, Shaftesbury Road
Cambridge CB2 8EA, UK

For Customers in North America:

Cambridge University Press & Assessment
Journals Fulfillment Department
1 Liberty Plaza
Floor 20
New York, NY 10006
USA

Special sales and supplements:

This Journal accepts relevant advertisements and inserts. We also provide bulk reprints of suitable papers to meet teaching or promotional requirements. The journal also publishes supplements on behalf of academic and corporate collaborators. Please contact Sarah Maddox at the Cambridge address for further details. E-mail: special_sales@cambridge.org

Subscription information:

British Journal of Nutrition is an international journal published by Cambridge University Press on behalf of The Nutrition Society. The twelve issues starting January 2024 comprise Volume 131, the twelve issues starting July 2024 comprise Volume 132.

Annual subscription rates:

Volumes 131/132 (24 issues):
Internet/print package £1955/\$3810
Internet only: £1296/\$2529

Any **supplements** to this journal published in the course of the annual volume are normally supplied to subscribers at no extra charge.

Back volumes are available. Please contact Cambridge University Press for further information.

Claims for non-receipt of journal issues will be considered on their merit and only if the claim is received within six months of publication. Replacement copies supplied after this date will be chargeable.

US POSTMASTERS: please send address corrections to *British Journal of Nutrition*, Cambridge University Press & Assessment, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA.

Directions to Contributors are available from the Society at the address below or can be found on the Society's website at <http://www.nutritionociety.org>.

Offprints: The author (or main author) of an accepted paper will receive a copy of the PDF file of their article. There will be an option to purchase paper offprints, these should be ordered at proof stage. No page charges are levied by this journal.

Copyright: As of 1 July 2000 the copyright of all articles submitted to *British Journal of Nutrition* are retained by the authors or their institutions. For articles prior to this date permission for reproduction of any part of the journal (text, figures, tables or other matter) in any form (on paper, microfiche or electronically) should be sought directly from the Society, at: The Publications Office, The Nutrition Society, 10 Cambridge Court, 210 Shepherds Bush Road, Hammersmith, London W6 7NJ, UK.

Disclaimer: The information contained herein, including any expression of opinion and any projection or forecast, has been obtained from or is based upon sources believed by us to be reliable, but is not guaranteed as to accuracy or completeness. The information is supplied without obligation and on the understanding that any person who acts upon it or otherwise changes his/her position in reliance thereon does so entirely at his/her own risk. Neither the Society nor Cambridge University Press accepts responsibility for any trade advertisement included in this publication.

This journal issue has been printed on FSC™-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

British Journal of Nutrition is covered in Current Contents®/Agriculture, Biology & Environmental Sciences, SciSearch®, Research Alert®, Current Contents®/Life Sciences, Index Medicus® (MEDLINE®), AGRICOLA®, CAB Abstracts™, Global Health, BIOSIS® Database, EMBASE/Excerpta Medica and Elsevier BIOBASE/Current Awareness in Biological Sciences, CINAHL, and Chemical Abstracts Service.

British Journal of Nutrition, published by Cambridge University Press on behalf of the Nutrition Society

Printed and bound by CPI Group (UK) Ltd, Croydon, CR0 4YY

Volume: 131 Number: 7

MOLECULAR NUTRITION

Tomato and lemon extracts synergistically improve cognitive function by increasing brain-derived neurotrophic factor levels in aged mice
Kyeong-No Yoon, Yidan Cui, Qing-Ling Quan, Dong Hun Lee, Jang-Hee Oh and Jin Ho Chung

1105

Effectiveness of locally produced ready-to-use supplementary foods on the prevention of stunting in children aged 6–23 months: a community-based trial from Pakistan

Sheraz Fazid, Zia Ul Haq, Basharat Hussain Gillani, Abdul Jalil Khan, Muhammad Naseem Khan, Aslam Khan, Cecilia Garzon, Ijaz Habib, Mahamadou Tanimoune, Yasir Ihtesham and Adrian H. Heald

1189

METABOLISM AND METABOLIC STUDIES

Minimal processed infant formula vs. conventional shows comparable protein quality and increased postprandial plasma amino acid kinetics in rats

Juliane Calvez, Anne Blais, Amélie Deglaire, Claire Gaudichon, François Blachier and Anne-Marie Davila

1115

Evaluating the relationship between the nutrient intake of lactating women and their breast milk nutritional profile: a systematic review and narrative synthesis

Coralie Falize, M. Savage, Yvonne M. Jeanes and Simon C. Dyall

1196

The effects of green tea extract supplementation on body composition, obesity-related hormones and oxidative stress markers: a grade-assessed systematic review and dose–response meta-analysis of randomised controlled trials
Omid Asbaghi, Mahnaz Rezaei Kelishadi, Damoon Ashtary Larky, Reza Bagheri, Niusha Amirani, Kian Goudarzi, Fatemeh Kargar, Martin Ghanavati and Mohammad Zamani

1125

Effects of niacin on apo A1 and B levels: a systematic review and meta-analysis of randomised controlled trials
Somayeh Saboori, Esmaeil Yousefi Rad, Jonathan Tammam, Pariyarth Sangeetha Thondre and Shelly Coe

1225

DIETARY SURVEYS AND NUTRITIONAL EPIDEMIOLOGY

Association of diet quality with hand grip strength weakness and asymmetry in a multi-ethnic Asian cohort

Jiannan Huang, Aarathi Shanmugam, Xiangyuan Huang, Rob M. van Dam and Saima Hilal

1236

NUTRITIONAL IMMUNOLOGY

The association between dietary insulin index and dietary insulin load with rheumatoid arthritis

Mohadeseh Soleimani Damaneh, Naheed Aryaeian, Shole Khajoenia, Leila Azadbakht and Fatemeh Sadat Hosseini-Baharanchi

1158

Evaluation of the emergency nutrition response in Malatya after Türkiye–Syria earthquake

Zeynep Begum Kalyoncu Atasoy, S. Ceren Kurt, Jacob Beckerman-Hsu, Senanur Soyunen, M. Fuatcan Kalyoncu and Aysegül Kaptanoglu

1244

HUMAN AND CLINICAL NUTRITION

Longitudinal associations of circadian eating patterns with sleep quality, fatigue and inflammation in colorectal cancer survivors up to 24 months post-treatment

Marvin Y. Chong, Simone J. P. M. Eussen, Eline H. van Roekel, Gerda K. Pot, Annemarie Koster, Stéphanie O. Breukink, Maryska L. G. Janssen-Heijnen, Eric T. P. Keulen, Coen D. A. Stehouwer, Matty P. Weijenberg and Martijn J. L. Bours

1166

Association between seaweed intake and risk of type 2 diabetes mellitus: a prospective cohort study
Chaehyun Kim and Kyong Park

1259

BEHAVIOUR, APPETITE AND OBESITY

Food choices for weight loss: what dietary strategies would people use?

Luana Giaccone, Michael Siegrist and Christina Hartmann

1268

The weight, urine colour and thirst Venn diagram is an accurate tool compared with urinary and blood markers for hydration assessment at morning and afternoon timepoints in euhydrated and free-living individuals

Marcos S. Keefe, Hui-Ying Luk, Jan-Joseph S. Rolloque, Nigel C. Jiwan, Tyler B. McCollum and Yasuki Sekiguchi

1181

Eating time variation from weekdays to weekends and its association with dietary intake and BMI in different chronotypes: findings from National Health and Nutrition Examination Survey (NHANES) 2017–2018

Gabriela Pereira Teixeira, Nayara Bernardes da Cunha, Catarina Machado Azeredo, Ana Elisa Madalena Rinaldi and Cibele Aparecida Crispim

1281